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# Cyclist's death 'bizarre': Police

FALSE CREEK

## Dumpster diving led to 'heavy object' knocking man off bike

Tereza Verenca
Metro | Vancouver

A man died Thursday morning after he crashed his bike on the False Creek seawall after he was reportedly struck by a "heavy object" thrown by a man digging in a garbage can.

Witnesses called 911 on Wednesday around 8:30 p.m. and told police a man was dumpster diving on the seawall at the foot of Carrall Street, near Science World, tossing items out of the bin.

He allegedly threw a heavy object that hit a 45-year-old cyclist, causing him to fall face first onto the pavement.

"The cyclist was simply riding by like you or I would ride bikes on the seawall any day of the week," said Vancouver Const. Brian Montague. "There was no interaction. There's no indication that this was an intentional act, just a very bizarre set of circumstances."

When police and paramedics arrived on scene, the man had already fled the area.

"It appears as though he knows that something happened. I would doubt that he knows the individual has now died, unless he's watching the news," he added.

The unconscious victim, who was not wearing a helmet, was immediately taken to hospital with severe head injuries. He was pronounced dead early Thursday morning.

Police said Thursday they weren't saying what the heavy object was.

"That will be one of several pieces of information that we have to hold back to ensure when we do speak with the person that was in the dumpster or garbage bin, that we have the right person," Montague said.

VPD is looking to speak with the man who left the scene and any additional witnesses. He is described as indigenous, 30 to 40 years old, six feet tall with a medium build and shoulder-length black hair. He was wearing a black puffy jacket and dark jeans. Anyone with information is asked to call 604-717-2500 or Crime Stoppers.

Montague noted police will be looking at surveillance footage from the area for possible leads. He couldn't say whether any charges would be laid.

"At this point, it appears to be accidental and there was no intent involved here."

The cyclist, according to police, had been a Vancouver resident for almost 10 years. He had moved to the city from Spain and was to celebrate his 46th birthday on Friday.

**A cyclist passes garbage bins along the seawall on Thursday, a day after a 45-year-old man was found unconscious.** JENNIFER GAUTHIER/METRO

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metro NEWS

Your essential daily news

5,300-year-old 'Iceman' had stomach bug that causes ulcers. **World**

RESEARCH

## Salmon virus found

A new study published in the journal Virology suggests that the salmon industry's most feared virus is in British Columbia, according to researchers.

Researchers, including biologist Alexandra Morton and Simon Fraser University's Richard Routledge, tested more than 1,000 farmed and wild fish and found 79 "non-negative" cases for the European variant of the infectious salmon anaemia (ISA) virus.

While detection falls short of Canada's regulatory threshold (successful virus isolation in a cell culture), Morton said signs of the virus' genetic sequence in the results raises concerns.

"My concern is that it will mutate into something that can infect wild fish," Morton told Metro. "It could have a devastating effect. People depend on wild salmon, it's still a part of our economy so there's an enormous risk to wild salmon."

The B.C. Salmon Farmers Association has publicly disputed the study's methodology and "the ethics of the researchers involved given they history of reporting false positives with respect to ISA."

"ISA has never been detected in fish on the West Coast of North America," said Jeremy Dunn, the industry association's executive director, in a statement to Metro. "This report claims to find an ISA sequence, but researchers admit they were unable to verify it using necessary, globally standard follow-up tests. Their study also confirms they found no evidence of the ISA disease in B.C. fish."

MATT KIELTYKA/METRO

# City, CP Rail head to court over corridor

ARBUTUS

### A CTA panel will hear the arguments on Jan. 28

**Emily Jackson**
Metro | Vancouver

The battle between the City of Vancouver and CP Rail over the future of the Arbutus corridor will come to a head later this month in federal court.

The Canadian Transportation Agency announced Thursday it will hold a two-day oral hearing in Vancouver regarding the city's request that the agency force CP to sell the tracks that traverse through some of the city's wealthiest neighbourhoods at 2004 values.

No trains have run on the line since 2001, when CP's last customer, the Molson brewery, switched to truck delivery. Pedestrians, cyclists and community gardeners subsequently took over the tracks as CP and the city tried— and failed — to negotiate a price for the city to buy the land.

But in 2014, fed up with the stalled talks, CP announced plans to start using the line for railcar storage. It spent nearly $1.3 million bulldozing the community gardens and restoring the tracks, according to CTA documents.

Yet the process stalled in summer 2015 when the city applied to the CTA for a ruling to force CP to give up the lands, which the railway says are valued at $400 million. The city, which doesn't intend to pay more than $20 million for the property, argues CP abandoned the tracks and violated CTA rules by not properly discontinuing the line.

CP called the city's demands "draconian remedies" to the situation, stating the city can't "lie in the weeds" for more than a decade, all the while negotiating with the railway, and then "attempt to rewrite history."

**A bulldozer clears community gardens on the Arbutus corridor.** JENNIFER GAUTHIER/METRO

> **This application is the latest in the city's attempts to force CP's hand.**
> From CP's response to the city's application

"This application is the latest in the city's attempts to force CP's hand and sell its line to the city on terms constrained by the city," the railway's response to the city's application states. CP also called the city opportunistic and inconsistent.

CP argues it never discontinued the line because it inspected it monthly. It refers to the gardeners as trespassers.

In the city's rebuttal, it argues the railway failed its obligation to sell or officially discontinue the land. A CTA panel will hear the arguments starting Jan. 28. A decision will be made "as soon as possible."

SITE C

## Protesters dig in and prepare for arrests

First Nations protesting the construction of the $9-billion Site C dam in northeastern British Columbia are preparing for their own arrests while they implore Prime Minister Justin Trudeau to intervene and stop the hydroelectric project.

Helen Knott of the Prophet River First Nation said in an interview from the protest site that she and six other demonstrators are camped at Rocky Mountain Fort, the former site of a North West Company fur-trading post established in 1794, near Fort St. John.

RCMP said they arrested three protesters on Wednesday who had been blocking an access road needed by BC Hydro crews to begin work on the dam, the third on the Peace River. The dam will create an 83-kilometre-long reservoir and flood the area where the protesters are camping.

BC Hydro and Power Authority have issued an eviction notice, warning protesters that all contents of the camp set up on Dec. 31 will be removed and delivered to the RCMP.

Knott said the protesters are hunkering down while weathering snow and temperatures as low as -20 C, awaiting the possibility of arrest.

"It's not necessarily anybody goes into it with that idea, like, yeah, we're going to be arrested, right? It's that, yeah, we're committed to saving this tract of land and to, you know, actively use our treaty rights here," she said.

Knott said she would rather not be arrested but is willing to be at the camp and take a stand on the issue.

Site C spokesman David Conway said the protest is affecting a small clearing area, but all other construction work on the project continues. Contractors had been prepared to log the area where protesters are camped.

The utility hopes to resolve the situation through ongoing discussions with protesters and local authorities in order to resume construction, he said.

"BC Hydro respects the right of all individuals to peacefully protest and express their opinions about Site C in a safe and lawful manner," he said in an email. "Our immediate concern is to ensure the safety of both Site C workers and the protesters."

THE CANADIAN PRESS

UBC

## Faculty writes letter on sex-assault policy

More than 60 University of British Columbia faculty members signed an open letter calling on the university to develop new sexual assault policies.

There are "serious problems" with UBC's current procedures, faculty stated in the letter published online Wednesday.

It was written as a response to a November documentary that revealed UBC failed to expel a student for a year and half despite six complaints of sexual misconduct against him.

"It is clear that some students and alumni who brought forward reports of sexual assault have suffered additional harm due to UBC's policies and procedures," they wrote.

The faculty members also pledged to participate in improving the policies. They called for consultation and newly developed procedures by the start of the 2016-17 school year.

EMILY JACKSON/METRO

### IN BRIEF

**Police make arrest in 1999 sexual assault**

Abbotsford police say they have arrested and charged a suspect in relation to a sexual assault that happened in 1999.

The incident dates back to Aug. 7, 1999, when a 37-year-old woman was allegedly sexually assaulted, choked and threatened by a stranger as she was walking to her car after a party. MATT KIELTYKA/METRO

CONSERVATION

## City to tighten water restrictions

Metro Vancouverites will have to take water-conservation measures for an extra month in 2016 as a precaution after last year's extremely dry summer.

Stage 1 water restrictions will go into effect two weeks early on May 15 and stay in place two weeks later until Oct. 15.

These rules govern how frequently owners can water their lawns and how they wash their cars (they must use spring-loaded nozzles).

Darrell Mussatto, the chair of Metro Vancouver's utilities committee and mayor of the City of North Vancouver, said the increased restrictions are a response to last year's brown summer.

"We had extreme conditions. We didn't really have any measurable rainfall for four months," Mussatto said Thursday.

EMILY JACKSON/METRO

# Becoming Tru: Tween talks trans inclusivity

At the age of 12, Tru Wilson has already accomplished so much, including being named one of Vancouver's most powerful people for her role in pressuring the Catholic School Board to adopt a transgender policy.

CAFÉ POLITICS **LEADERSHIP**

**Tereza Verenca**
Metro | Vancouver

It's been a year and a half since B.C. teen Tru Wilson made headlines, and a first-ever policy by a Catholic school board in Canada on transgender students was adopted.

The 12-year-old, who was born a boy and given the name Trey, told Metro she always felt something was "unique and different" growing up.

"I was always going to the dollhouse in my kindergarten class. I would always put on my favourite dress, fairy wings," she said. "Those feelings didn't stop. They just kept getting stronger."

Parents Michelle and Garfield embraced their daughter, allowing her to dress as such at home and among her friends.

But as a student of Ladner's Sacred Heart at the time, that's where the line was drawn. When the family asked staff if Tru could transition and attend school as a girl, they said no.

Things like using the girls' washroom or wearing the girls' uniform were out of the question.

"It wasn't fun at all because I was a girl everywhere else — at dance class, at basketball, at home. But for six hours, five days a week, I had to pretend to be someone I wasn't," Tru recalled.

### Enough is enough

That's when the Wilsons launched a human rights complaint against Sacred Heart and the Catholic Independent Schools of the Vancouver Archdiocese. The complaint — which was settled through mediation in the B.C. Human Rights Tribunal — resulted in a new policy "regarding gender expression and gender dysphoria." It was implemented on July 16, 2014.

Parents of transgender students can now request accommodation for their child, including proper pronouns, names, uniforms and bathroom access.

The Vancouver School Board adopted a similar policy shortly before its counterpart did.

"For our kids, I do think they do feel safer and included, and I think they feel accepted and respected for where they're coming from," said former Vancouver School Board chairman Fraser Ballantyne.

### Let's talk, Justin

Today, Tru is attending a public school and said she's thrilled that other kids like her won't have to go through the same pain she experienced.

Tru Wilson with her mom, Michelle, in her bedroom at their Ladner home. JENNIFER GAUTHIER/METRO

Her work isn't finished, though. Tru has plans to one day sit down with Prime Minister Justin Trudeau and talk about incorporating gender identity and gender expression into the Canadian Charter of Rights and Freedoms.

Eventually, the pre-teen wants just one thing — for transgender people to be accepted as who they are, for it "not to be an issue."

"It's a normal thing that slips into conversation," Tru explained. "That would be something I would love."

### Ripple effect

In 2015, the Vancouver Board of Parks and Recreation launched a public awareness campaign that aims to make community facilities more transgender-friendly. (Templeton Pool now offers a trans-inclusive public swim on Sunday afternoons.)

But there's still more to be done, according to park board general manager Malcolm Bromley. Removing the question "Are you female or male?" from forms is one example.

"Identification of gender is not necessary in most cases. But it's just become habit," Bromley said, adding he'd also like to see building standards change to better serve the needs of transgender people.

Tru, meanwhile, admitted she's still in awe of what "a little voice can do." Last November, it was announced she made Vancouver Magazine's Power 50 list.

"I thought I would be sitting at home, a normal trans girl, living a normal life. After all this … it's just so amazing."

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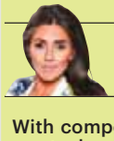
FOOD NOTES **ZEN JAPANESE**

# Veggie sushi a delight



**Erin Ireland**
For Metro

With composting, carbon-neutral-eating and veg-forward dining dominating the annual "New Year's food trends" lists, we've never had more reason to eat plants. Lucky for Vancouverites, options are abundant. At the vast majority of our city's restaurants, there are veg choices — and good ones!

Over the break, I had the pleasure of dining at 20-year-old Zen Japanese (101, 2232 Marine Dr.) in West Vancouver, where the vegetarian maki sushi options are not just ubiquitous, they are inspired, unique and rich with flavour. Take the Seawall Roll, for example, which was originally created by Kyoto-born owner and chef Nobu Ochi for singer Sarah MacLachlan, who named the dish herself. Its soft, crinkly egg crepe exterior envelopes hot, fresh-from-the-fryer yam tempura and enoki mushrooms drizzled with mango chutney — an unusual and delicious surprise.

**The Lighthouse Roll,** one inspired dish at Zen Japanese. ERIN IRELAND/FOR METRO

Tied for my favourite is the Kabocha Roll with crunchy squash tempura and ripe avocado, brightened with a tangy-sweet lime mango salsa. The deep-fried cauliflower karaage is another must-try.

Zen is open every day (including holidays) for lunch and dinner, and if you're looking for an extra-special dining experience, ask Chef Ochi for his Omakase experience.

# THINK BIG LIVE LOCAL

with icons by **Danielle Vallée** from the noun project

COURTESY REBECCA EAMES

PHOTOS AMY LOGAN/FOR METRO

1 Sam Goodchild looks out from his VW Euro Camper.

2 Kate Saunders' vintage Airstream on her Galiano Island property.

3 Kate Saunders' teardrop trailer "Wendy the White Wonder."

4 Saunders' trailer in action as a champagne mobile at a wedding.

VANCOUVER TRENDING

# A piece of freedom

## VINTAGE TRAILERS AND CAMPERS

**Amy Logan**
For Metro | Vancouver

Boler, teardrop, Westy, Airstream, canned ham — the world of vintage trailers and camper vans has its own, rather poetic, vocabulary. For many Vancouverites, this romantic, wanderlust world has an irresistible draw — popping the roof of a Westfalia under the stars at Spanish Banks; heading off to Tofino after work, surf boards strapped to the roof.

An obsession with all things outdoors has inspired a growing fascination with recreational modes of escape. For clinical counsellor Kate Saunders, it was a trip to Nevada's Burning Man that set off her passion for vintage trailers. After months of searching, she finally found the perfect four-by-eight teardrop trailer. On her first camping trip, her "whole world opened up" and she realized she had "purchased a piece of freedom."

She has since travelled to California, Oregon, Washington and all over B.C., camping in comfort under the stars and meeting a fascinating range of people. As a woman alone, she finds that the trailer gives a degree of security not offered by tents. She's also begun attending an annual trailer convention in Lyndon, Wash., that draws an array of vintage-trailer aficionados. A trailer allows the "freedom to go wherever you want with all the comforts of home," she says.

Rebecca Eames — an East Van creative and passionate explorer with a young family — and her husband Sam Goodchild recently bought a VW Euro Camper van because, as Eames says, with their busy lifestyle, jumping into the van at the end of a long work week and seeing where their "curiosity takes them" allows them to be spontaneous.

A growing number of local entrepreneurs are recognizing this trend, and several companies offer camper rentals. One of the most interesting options is Golden Age Getaways, which offer a fully restored vintage Boler trailer for $500 a week. WestyBC rents out Westfalia camper vans for B.C. adventures.

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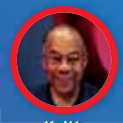
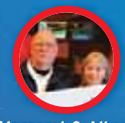
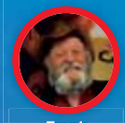
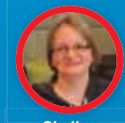

Keith
$9.2 MILLION
Langley

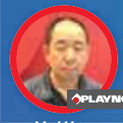

Margaret & Albert
$5.8 MILLION
Vernon

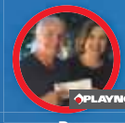

Frank
$5 MILLION
Grand Forks

Maria
$3.5 MILLION
Vancouver


Shelley
$2.5 MILLION
Surrey

Adam & Arcelyn
$2.5 MILLION
Vancouver


Matthew
GUARANTEED
$1 MILLION PRIZE
Vancouver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# Remembering fatal fall

BENTALL CENTRE

## People gather 35 years after collapse killed four workers

**Tereza Verenca**
Metro | Vancouver

**Bruce and Dianne Stevenson** were among the victims' families, construction representatives, labour leaders and politicians who gathered for the annual Bentall Construction Workers Memorial on Thursday. JENNIFER GAUTHIER/METRO

Thirty-five years later, the day Mike Davis's father didn't come home from work remains seared in his memory.

Donald Davis was one of the four carpenters who died in the Bentall Centre construction tragedy on Jan. 7, 1981. The platform the men were working on collapsed, causing Davis, Gunther Couvreux, Yrjo Mitrunen and Brian Stevenson to plummet 36 storeys.

Mike Davis, who spoke at the annual memorial near the Burrard SkyTrain station on Thursday, shared what that horrific day was like for his family. He recalled always wanting a 10-speed bike as a teenager. He and his dad — in his 30s at the time — had scooped up a rusty fixer-upper from an auction.

"He got me up one morning and he said, 'Hey Mike, let's go for a bike ride.'"

Donald Davis wanted to show his son his current project, so the pair rode down to Bentall Centre all the way from Burnaby.

"He was proud to create these monuments," said Davis.

The day of the tragedy, his mom informed him "something had happened at work."

"We didn't know what happened. Just as the hours went on, dad didn't come home."

Reality hit when a couple of RCMP officers delivered the bad news that evening.

"I never got to ride my bike with him again or shoot hoops in the driveway or throw a ball around," explained the now-father-of-three, choking back tears.

According to WorkSafeBC's Al Johnson, the number of work-related deaths in the construction industry has been fairly consistent in the last decade, but statistics are showing a downward trend overall.

> **There were so many things that we wanted to do together.**
> Mike Davis

### CRIME

**Charges recommended in pair of Terrace deaths**

RCMP in Terrace are recommending charges after wrapping up separate investigations into fatalities around the northwestern B.C. city.

Charges of criminal negligence causing death, careless storage of a firearm and unauthorized possession of a firearm are recommended against a 47-year-old Terrace man. A 15-year-old boy was in a home in Terrace on Feb. 9 when he was shot and died a short time later.

In an unrelated case, Crown counsel is now considering a Terrace RCMP recommendation of manslaughter and obstruction-of-justice charges related to the death of 25-year-old Troy Mason. The victim was found dead in his home at Gitaus, a Kitselas First Nation subdivision, 20 kilometres northeast of Terrace, on Dec. 21, 2011.

Police say the obstruction charge has been recommended against a 22-year-old man, while a 26-year-old man could face the manslaughter charge.

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# Making the Hill more 'family-friendly'

POLITICS

## Minister says that work-life balance is vital to her success

**Minister Catherine McKenna** spends time with her two daughters and their friends. CONTRIBUTED

Like many of us, Environment and Climate Change Minister Catherine McKenna arrived at work this week with fresh New Year's plans.

There's greenhouse-gas reduction, for one. And then there is the dreaded work-life balance. McKenna has a husband and three children — 11, 9 and 7.

She announced to staff Monday that she intends to be out of the office every day at 5:30 p.m. sharp, except Thursdays.

Once she is home, she will be offline for a couple hours, to do homework with her children, oversee lessons and sit down to dinner, together as a family.

"I am not going to be a good minister unless I'm happy at home and my family's happy and there's some balance," she said over the phone.

Her new rule has it that at about 8 p.m., she will again take up work duties.

"I'm very happy to work late, and you certainly work very long hours," she says. "But it's really important to my mental health to be able to know I can be home and check in with everyone and in that time, I'm not available."

Work-life balance is a hot topic among new MPs and parliamentary staff, McKenna said. More to the point: They want to have their new jobs and keep their families, which for MPs is akin to wanting to have a natural Hollywood body.

Traditionally, Parliament Hill is a place men go for power and families go to die.

The long hours, the constant distraction and for most MPs, the weeks not just at work but a plane ride away in Ottawa are too much of a strain on relationships. Alison Loat and Michael MacMillan interviewed about 80 departing MPs for their book Tragedy in the Commons. "The personal cost of political life was a subject that recurred again and again in the interviews, unbidden," they write.

Prime Minister Justin Trudeau knows this intimately. He's tasked House leader Dominic LeBlanc with examining ways to make the House more "family-friendly for members of Parliament."

Before Christmas, Trudeau reminded cabinet ministers it was important for them to spend their vacation time with their families, McKenna said.

"The prime minister has set the tone on this."

TORSTAR NEWS SERVICE

SOCIAL MEDIA

## Bigwigs react to bomb with 'Twiplomacy'

When North Korea detonated its big bomb this week, foreign ministers around the globe took to Twitter to voice condemnation.

British Foreign Secretary Philip Hammond branded the detonation a "provocation ... which I condemn without reservation."

U.S. Secretary of State John Kerry said, "The United States and nations around the world unequivocally condemn North Korea's latest nuclear test."

And Canada's foreign-affairs department posted the reaction of Stéphane Dion, warning that North Korea's conduct poses a "grave" risk to security.

All that activity drove home the rise of digital diplomacy. Twitter has become the soapbox of diplomats. It's even given rise to a new lexicon — Twiplomats practicing Twiplomacy. Indeed, the website Twiplomacy writes that Twitter has become the "channel of choice for digital diplomacy between world leaders, governments, foreign ministries and diplomats." TORSTAR NEWS SERVICE

## IN BRIEF

**Privacy czar warns against racial profiling**

The border agency's new system for scrutinizing incoming air passengers could open the door to profiling based on race or personal factors, warns Privacy Commissioner Daniel Therrien, who is pressing the agency to explain the program's rationale and build in safeguards to protect civil liberties.

THE CANADIAN PRESS

**Safety minister promises to review no-fly list**

The federal public-safety minister says officials have reminded airlines they don't need to vet children against Canada's no-fly list, after a six-year-old was stopped by airport security. Ralph Goodale says his department is exploring changes that would help differentiate individuals who have similar names as others on the list.

THE CANADIAN PRESS

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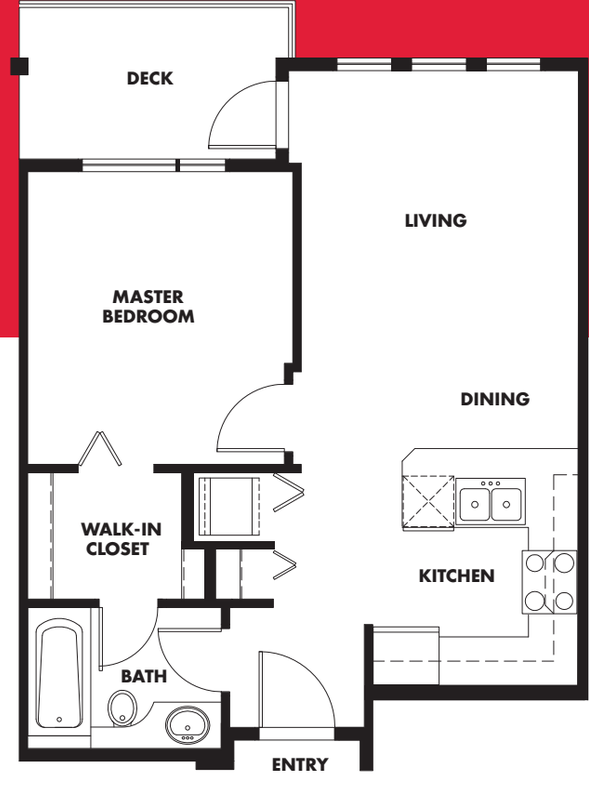


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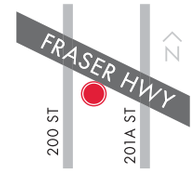


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# Violence on Hebdo anniversary

PARIS

## Knife-wielding man killed after threatening police officers

A man wearing a fake explosives vest and wielding a butcher knife was shot to death by police outside a Paris police station Thursday, jolting an already anxious French capital with a new dose of fear as the nation grimly marked a year of terror that started with the newsroom massacre at the Charlie Hebdo satirical magazine.

The assailant — who shouted "Allahu akbar!" or "God is great!" — as he waved the knife at officers, was carrying a document with an emblem of the Islamic State of Iraq and the Levant (ISIL) group and "an unequivocal claim of responsibility in Arabic," the prosecutor's office said.

The extremist group claimed responsibility for the Jan. 7, 2015, attack at Charlie Hebdo and on a kosher grocery store three days later that killed 17 people.

The ISIL group also claimed the Nov. 13 attacks on Paris cafes, restaurants, a sports stadium and a music hall that killed 130 people.

Thursday's attempted attack shortly before noon in Paris' multi-ethnic Goutte d'Or neighbourhood came almost one year to the minute after two Islamic extremists burst into the offices of Charlie Hebdo, killing 11 people. Scores of police descended Thursday on the northern neighbourhood that was the site of the attempted attack.

Authorities did not publicly identify the suspect.

THE ASSOCIATED PRESS

A gathering in Paris Thursday marks one year since the attacks on Charlie Hebdo satirical newspaper. THE ASSOCIATED PRESS

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SCIENCE

## Iceman's ulcers clue to Bronze Age migration

Poor Ötzi lived and died painfully. The 5,300-year-old "Iceman," whose frozen remains were discovered by hikers in the Italian Alps, has been diagnosed by modern-day scientists with arthritis, spinal damage, tooth decay, lactose intolerance, and a murderous arrow wound to the shoulder that lacerated an artery and killed him.

"It was for sure a tough life," said Albert Zink of the Institute for Mummies and the Iceman, at the European Academy of Bozen/Bolzano and a co-author of the paper in the journal Science this week.

Ötzi's stomach bug help fill in blank spots in the bacterial history of Europe. Because H. pylori is an incredibly successful human pathogen, researchers have used geographically distinct bacterial strains to reconstruct human migrations.

Fascinatingly, the researchers have used Ötzi's stomach bug to fill in blank spots in the bacterial history of Europe.

Ötzi's H. pylori is the oldest specimen ever sequenced — and his strain is very different than that of modern Europeans.

"It's a very cool thing to do, to get it from the Iceman," said Daniel Falush, a statistical geneticist at the U.K's Swansea University.

"They made a clear scientific finding about what he had, which is definitely new."

Ötzi's H. pylori, the researchers write in Science, is a nearly pure Asian strain, most closely related to an H. pylori strain now found primarily in India.

The scientists would like to sample pathogens from the stomachs of other ancient mummies.

"Something really dramatic has happened in the last 5,000 years in H. pylori DNA that hasn't happened in human DNA," says Falush.

For now, researchers are primarily celebrating a unique snapshot of the microbial life inside one famous — and somewhat unfortunate — mummy from ancient Europe. TORSTAR NEWS SERVICE

**A researcher takes samples of the 5,300-year-old body** of the Bronze Age hunter known as Ötzi. AUGUSTIN OCHSENREITER/ THE ASSOCIATED PRESS FILE

### IN BRIEF

**Dinos boogied for love 100 million years ago**

Scientists say they've discovered evidence of a frenzied mating ritual by dinosaurs: long grooves in the ground etched by the pawing of clawed feet.

Such behaviour is seen nowadays in some birds, and the discovery suggests that two-legged, meat-eating dinosaurs called theropods did it about 100 million years ago, the researchers said.

Martin Lockley of the University of Colorado Denver said the dinosaurs apparently gathered in groups and "went crazy scraping" with their clawed, feet to attract mates.

THE ASSOCIATED PRESS

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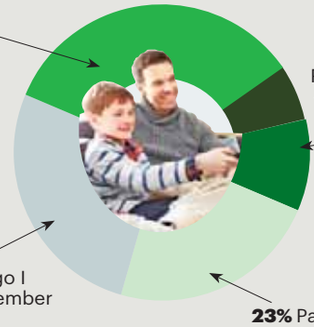
Metro POLL

# Internet killed the video store?

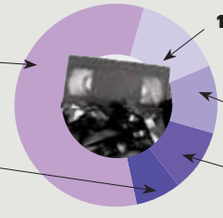
Visit metronews.ca to have your say.

**A unique movie-rental shop** in Canada's biggest city is defying a global trend. It's continuing to grow, despite the rise of online video providers such as Netflix. Sales at Toronto's Bay Street Video jumped 10 per cent in 2015, and it was recently named one of the top 50 video stores in North America by Entertainment Weekly. The secret sauce, the store manager says, is the selection, which includes many offbeat titles that aren't found on any streaming service. We asked our readers if they gave up on home video long ago, or if their DVDs and tapes are still rolling.

**1 When was the last time you watched a film or TV show on a DVD, Blu-ray or tape?**




**2 How do you watch most of your movies and TV?**




**3 If you do choose to watch old-fashioned hard copy movies and TV, why?**

**21%** Quality is better
**18%** Better selection
**18%** I like obscure movies
**16%** I like my TV setup/I don't know how to stream
**13%** I use the library
**14%** Other

I like VHS. You can find many classics for under a dollar. I like the bendy sound, the warped picture and the Space-Age vibe.

If it's any good, it will eventually come out on TV.

I use Netflix to preview a movie. If I like it I will buy the DVD to own and re-watch. Plus DVDs come with bonus material.

I miss visiting the video store to hunt for a movie. It's easy to stream but it isn't the same.

WE ASKED Metro readers

# There is no upside to Ebola

**Genna Buck**
Metro | Toronto

It was a scary time.

In July 2014, for an assignment in Maclean's, I spoke to Dr. Tim Jagatic, a Canadian GP working in the field in Ebola-ravaged Sierra Leone. Exhausted and dehydrated after a long shift in hot, Michelin-Man-like protective gear, he said he was faced with a fleeting chance to do real-time science.

Normal Ebola symptoms are fever, vomiting, diarrhea, and, near the end, bleeding from the eyes, nose and rectum. Mortality is in the high double digits. It's a grisly, excruciating, humiliating way to die.

But Jagatic said with a record number of cases, some odd manifestations of the virus were being seen for the first time. It seemed to be causing some patients' blood sugar to spike. Was it attacking the pancreas? He had no idea.

"We're trying to incorporate as much clinical research as we possibly can," he said. "But that does require resources ... things we don't have."

It's obvious, yet must be said: Doing science only once an application is needed — during a full-blown outbreak — doesn't work.

That's the conclusion of an article in this week's issue of the journal Science. It decries the "thin scientific harvest" of the 2014-2015 West African Ebola outbreak and describes a "frenzied effort" to test vaccines and drugs that had never been given to humans.

It was a letdown. Some experiments had no clear results because they failed to enrol enough participants. Others did recruit enough patients, but didn't use a good study design, producing murky data. Some were halted early.

The one published clinical trial was cold comfort. In July 2015, when the worst of the epidemic was long past, the World Health Organization trumpeted "a game-changer": a vaccine that was — according to a clinical trial of 4,000 high-risk people in Guinea — apparently, tentatively, safe and 100 per cent effective.

It was VSV-EBOV, a vaccine developed by the Public Health Agency of Canada (PHAC) in Winnipeg. Three cheers for Canadian science! Hip, hip….

Wait. The outbreak, which is expected to be declared over soon, infected 28,637 and killed 11,315, mostly in Guinea, Liberia and Sierra Leone.

Meanwhile, a good vaccine was sitting in a lab somewhere. Work on it started around 2000, and by 2005 it was shown to confer strong Ebola immunity in monkeys. In jumpy, post-9/11 North America, there was a lot of funding for research on bioterrorism agents. The Canadian government licensed the vaccine to a small American drug developer, which never got around to human trials.

An Ebola bomb never materialized. An epidemic did. No one saw it coming. Before 2014, there had only been a couple of thousand Ebola cases total since the 1970s.

Dr. Heinz Feldmann, one of the creators of the vaccine, urged me not to judge PHAC too harshly. Threats like flu and tuberculosis get prioritized for a reason. When government and market interests align (not the case with Ebola), private partnerships can help fund major drug development.

Feldmann said if vaccines for rare, deadly infections (like Nipah virus, a "time bomb,") are developed at least to the stage of testing for safety in humans, trials of effectiveness can begin soon after an outbreak hits. Developing medicines that are effective against many emerging viruses is an even better way to go, he said.

That has to be publicly funded: Businesses won't invest in preparing for events that may never be. If that had been the approach in the first place, maybe we wouldn't be searching for a silver lining now.

**Doing science only once an application is needed doesn't work.**

**Genna Buck** is a science writer and a section editor at Metro. Follow her on Twitter @genna_buck.

## ROSEMARY WESTWOOD

metroview

# Legal déjà vu: Another battle for abortion access

Prince Edward Island: Home to Anne of Green Gables, lobster, and not one abortion.

Not one for decades, despite the Supreme Court's 1988 ruling that struck down the country's anti-abortion law.

And now, after years of fighting, activists are suing the province. It's just the latest in a long line of litigation that gave women the right to abortions and then fought for the implementation of that right. It's perhaps fitting that it has come down to a lawsuit in P.E.I.

This week Abortion Access Now P.E.I., with support of the national women's rights non-profit LEAF, gave the 90-day warning required before suing the government. The groups allege the province is infringing on women's charter rights and is in contravention of P.E.I.'s own health-care plan. Lawyers will argue the no-abortion policy unlawfully discriminates on the basis of sex and pregnancy, and that sending women out of province goes against P.E.I.'s commitment to the efficient and equitable administration of health care.

Currently, the province pays for an abortion if a P.E.I. woman travels to one of two approved out-of-province hospitals. But travel isn't covered.

There is the bridge toll to get off the island, the bus fare, often an overnight stay at a hotel, all for a short procedure, says Kim Stanton, LEAF's legal director.

The lawsuit is a last resort, Stanton said — it could take years and an estimated $100,000 to litigate. But, "You don't start one of these things unless you are willing to see it through."

Joyce Arthur, executive director of the Abortion Rights Coalition of Canada, expects a battle.

"Based on things like (the province's) own history and their long-standing policy, they're just going to be stubborn and keep fighting, no matter how weak their arguments are, no matter how weak their case is," Arthur said.

Stubbornly, too, pro-life advocates have fought access to abortion at every turn, pushing federal bills to send abortion-providing doctors to jail (in 1990) or enshrine the rights of fetuses (in 2007). We're lucky not to live in the violent days, when abortion clinics were firebombed (as in 1992), and abortion doctors were shot (as in 1994, 1995 and 1997).

But in many ways — the threat of rising fees for B.C. abortion clinics; provinces refusing to fund abortions that take place in clinics — abortion rights remain under attack. According to Arthur, only one-fifth of hospitals nationally provide abortions.

So here we are, in 2016, with a lawsuit to carry on that good fight. The latest legal battle, but surely not the last.

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Leonardo DiCaprio hides his Hollywood looks under scruff, filth and grimaces in The Revenant. CONTRIBUTED

# Still searching for that Oscar

THE REVENANT

## Could Leo finally win over the Academy?

Richard Crouse
For Metro Canada

Leonardo DiCaprio makes $25 million dollars per movie. So he has money. His best friend is Tobey McGuire and his little black book reads like a Victoria's Secret catalogue, so he's never lonely. He has opulent homes on both the left and right coasts of America — one comes equipped with a vitamin C infused shower — and he even owns a 104 acre unpopulated island off the coast of Belize. He's a superstar with almost everything. Do you know what he doesn't have? An Oscar.

He's come close several times, earning nominations for his work in What's Eating Gilbert Grape, The Aviator, Blood Diamond and The Wolf of Wall Street, but he's never entered the winner circle.

He's always been gracious in defeat, smiling and nodding during the Oscar broadcast when someone else's name is called. "I wasn't surprised that Jamie got the award," he said about the 2005 Academy Awards when Jamie Foxx took best actor for Ray over The Aviator. "But I knew that cameras would be stuffed up my face so I had my response ready. Anyone who says they don't practice is a liar."

He may not have to fake being happy for another actor this year. Pundits are predicting his new movie The Revenant could bring him that elusive honour. He plays American fur trapper Hugh Glass, a frontiersman who became a legend in 1823 when he survived a brutal bear attack and slogged across harsh terrain to get revenge on the man who left him to die.

This is DiCaprio's Jeremiah Johnson, a movie that masks his matinee-idol good looks with facial hair and grimaces. For much of the two-and-a-half-hour running time he is mute, alone on screen crawling across the frozen landscape, slowly inching his way toward vengeance. There are great physical demands made on the actor — the bear-maul-o-rama being just one of the miseries he endures — but this is an internal performance. The character's strength, pain, frustration, anger and intestinal fortitude are apparent not only in his actions, but, more importantly, in his eyes. It may not be his flashiest role, but it is one of his best.

Nominations will be announced Jan. 14 so we won't know until then if he is chosen, but the odds are good. So good that Vanity Fair declared, "This is going to be the year Leonardo DiCaprio finally wins that Oscar."

Question is, why would someone who has everything want an Academy Award? What difference would it make?

The truth is it would likely make no difference to his career, at least financially. He's already in the top tier of Tinseltown salaries and the fabled "Oscar box-office bump" — a sharp spike in ticket sales when the nominations are announced — hasn't meant much in recent years.

The real win for DiCaprio would be the prestige. The best actor Oscar is a rare commodity. Only 78 people have them — Daniel Day-Lewis has three, Jack Nicholson and seven others have two apiece — and winning one would put him in the company of legends like Clark Gable, Spencer Tracy and Gary Cooper.

### MOVIE RATINGS by Richard Crouse

| | |
|---|---|
| The Revenant | ★★★★ |
| Anomalisa | ★★★★ |
| The Forest | ★★ |

| | |
|---|---|
| HOW RATING WORKS | |
| ★★★★ | SEE IT |
| ★★★ | WORTHWHILE |
| ★★ | UP TO YOU |
| ★ | SKIP IT |

**THE TV DINNER** JESSICA ALLEN

# Leonardo DiCaprio, a vegetarian, insisted they use the real thing — actual, raw bison liver

The Revenant, based on a true story, stars Leonardo DiCaprio as fur trapper Hugo Glass who was attacked by a bear, left for dead in the wilderness by fellow frontiersmen and, driven by vengeance, journeys — much of it on his hands and knees — some 200 miles back to camp. Although the movie has wide release on Jan. 8, details of the arduous shoot that went well over budget have been in print for months now.

Details like how director Alejandro González Iñárritu insisted on shooting using only natural light and on filming the entire epic chronologically; how production was plagued with problems mostly on account of the extremely isolated locations — British Columbia and Alberta doubled as Montana and South Dakota in the early 1820s — not to mention the weather.

Visually, these efforts pay off. The film — all 156 minutes — has beautiful moments that won't leave you. But overall, The Revenant left me cold. It felt as though Iñárritu went to lofty lengths to call attention to his tricks: a lens fogged up by the CGI bear, whose thick saliva drips down onto a bloodied Glass' face, for example. But he fell short on giving life to his characters. Tom Hardy plays a smarmy frontiersman in such an affected manner that Simon still hasn't stopped imitating it. And Glass, the film's hero, "suffers great afflictions," as the New Yorker recently said, "but no change."

**THE MOVIE: The Revenant**

**THE MEAL: Venison strip loin**

But, oh, did Leo suffer for his art, which will undoubtedly lead to his fifth Academy Award nomination for acting. In one scene, the prosthetics team could've fashioned fake meat for DiCaprio, a vegetarian, to eat, but the 41-year-old actor insisted they use the real thing — actual, raw bison liver. Iñárritu applauded his leading man: "Without it, he may not have gotten to the truth," he said.

I'm not sure what that means but I considered it when I recently enjoyed dinner at The Bison in Calgary. As is the tendency of many fashionable restaurants, their menu is seasonal and showcases local ingredients, including duck, elk and bison, lots of bison. Not so usual, however, was to find so many fantastic bottles of wine for under $100.

I considered ordering the Pacific Ling cod. But our server — one of several people we met originally from Ontario, or "Onterrible," as she called it, who intended to visit Banff for six or so months and stayed a decade — looked at me as if to say, Really? "You're in Alberta," she said. "Have the venison."

"Haha, you're right," I replied. "Medium, please." She gave me another look. "You're going to tell me that I ought to have it medium-rare, aren't you?"

"Medium is fine," she said. "But if you asked for it well done, we'd have a problem."

When the venison arrived, darkened on the outside with a cocoa chili rub, and surrounded by potato croquette, beetroot and Saskatoon berries, Simon looked at me, concerned. I'm fine with pink, even red, but he knows I get squeamish around meat that's still gelatinous in the centre. This strip loin was so viscerally ruby that it looked like I'd just foraged it myself.

He assumed that I'd sneak over the especially rare bits to his plate. But the truth is, I finished it myself, with no suffering.

**Jessica Allen** is the digital correspondent on CTV's The Social.

## STAR WARS

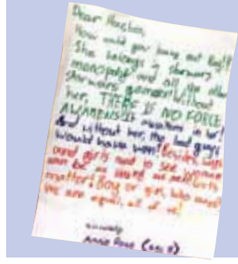
**Hey, Hasbro. Where's Rey?**

The Star Wars version of Monopoly will add a game piece based on the female character Rey after an eight-year-old girl wrote "Girls matter" in a letter to game maker Hasbro noting the omission.

Carrie Goldman posted a letter on Twitter this week written by her daughter, Annie Rose, asking why Hasbro left out Rey when she is a main character of the latest movie in the series, Star Wars: The Force Awakens.

Hasbro responded, saying it didn't want any spoilers, so it did not include Rey when it released the game in September. The toy maker says it will add the new piece this year.

THE ASSOCIATED PRESS

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David Thewlis voices Michael, the depressed motivational speaker at the heart of Charlie Kaufman's stop-motion feature Anomalisa. CONTRIBUTED

# Anomalisa puppet sex isn't a joke, creator says

DIRECTORS' TAKE

## Stop-motion adds vulnerable quality, Charlie Kaufman notes

Matt Prigge
Metro | New York

Charlie Kaufman is smiling and joking. That's not the same as being upbeat. As we — along with Duke Johnson, the Being John Malkovich creator's cohort on his new film, Anomalisa — speak he'll dovetail into despairing, even hopeless commentary on the world. But he does it with a smile, even laughter, and it's slightly disarming to be joking about Guy Fieri and Mr. Magorium's Wonder Emporium with a guy who famously depicted a fake version of himself as a relentless downer in Adaptation.

Still, he did have to be coerced into making Anomalisa, which is only the second Kaufman script he has directed himself, after 2008's Synecdoche, New York. It's based on an old work: a 2005 play that consisted of actors speaking in darkness, with no visuals.

**Puppets give it a feeling of imperfection that you don't get with computer or cel animation.**
Charlie Kaufman says of his film Anomalisa

"I didn't want to make it as a movie," Kaufman confesses. "It was designed to be heard and not seen." But he gave in, especially once they happened upon the idea to do it entirely in stop-motion animation. But the story — following Michael, a depressed motivational speaker (voiced by David Thewlis) — was a hard sell, and he and Johnson had to do it independently, on the very cheap.

"When you're making a stop-motion animation film, the puppets are the most expensive part of the process," Johnson explains. They only had $100,000 for all their many, many puppets. By contrast, Laika, the studio behind Coraline and ParaNorman, spends $80,000 on a single puppet. They had to start shooting with less than ideal puppets.

"They broke constantly. It was very challenging getting the style of animation we wanted out of cheaper puppets."

Kaufman liked that they were fragile. "It does give it a feeling of imperfection that you don't get with computer or cel animation," he says. "There's a handmade quality to it we really liked. It makes them feel vulnerable and real."

The plot finds Michael, during a hotel stay, becoming obsessed with Lisa, a shy, ordinary woman, voiced by Jennifer Jason Leigh, who mysteriously sticks out from the pack. But every other character is designed almost — but not quite — the same, and every one of them, male or female, is voiced by Tom Noonan.

"Most people don't even know it's the same voice actor when they see the movie, because they're used to puppets having similar features. It creeps up on you and it doesn't overpower the smallness of the story," Kaufman explains.

The most attention-grabbing part of the movie is the sex scene between Michael and Lisa. Trey Parker and Matt Stone already did puppet sex, famously, in Team America. But the one in Anomalisa is not played for laughs, even as it's nearly as graphic.

"There's the expectation that it will be a joke. And it's not. People may be taken aback by that," Kaufman says.

That neither Michael and Lisa are prime specimens was key to both Kaufman and Johnson. "You don't see normal bodies in media," Johnson says. "When you do see a normal body it's like, 'Oh, am I suppose to see that?' Or it's funny, like if you see Will Ferrell naked."

"If you cast two regular-looking actors it would be all anybody would talk about: 'Oh, look at that body,'" Kaufman says. "It's just sad — it's sad to be in this culture."

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metro TRAVEL
Your essential daily news
Paris's famed Champs-Elysees to shut once a month for pedestrians

# Golfing by the Teeth of the Dog

DOMINICAN REPUBLIC

## There is no better place to tee off in the Caribbean

**Brian Kendall**
For Metro Canada

**While there are many great courses in the Dominican, the Teeth of the Dog, featuring seven spectacular oceanside holes, is indisputably the best, says Brian Kendall.** PHOTOS BY CASA DE CAMPO

**After a day of gulf, relax poolside at Casa de Campo.**

Canadians love the Dominican Republic.

More than 700,000 of us visit the Caribbean nation every year, a total surpassed in the region only by Cuba.

We're drawn by the unaffected warmth of the people, the powdery white-sand beaches, and by the Caribbean's widest selection of affordable all-inclusive resorts.

For golfers, the Dominican Republic's most irresistible draw is its roster of 26 palm tree-lined courses by Pete Dye, Tom Fazio, Jack Nicklaus and other top architects.

A 25-year-long boom in course construction has the country of 10 million in hot competition with Puerto Rico, Jamaica and other challengers for dominance in the Caribbean golf market.

Nicklaus's Punta Espada and Fazio's Corales, both near Punta Cana on the eastern shore, number among the world's most magnificent seaside designs. And on the remote north shore is Playa Grande Golf Course, a masterwork by the legendary Robert Trent Jones Sr. that's currently being remodelled by his son, Rees Jones.

Other standout courses include La Estancia in La Romana, Punta Blanca in Punta Cana, and Guavaberry in Juan Dolio.

But indisputably the best of them all is Dye's iconic Teeth of the Dog course at Casa de Campo Resort.

Set beside the Caribbean Sea near the bustling city of La Romana on the southeast coast, Dye's masterful layout has been a bucket-list destination for every well-travelled golfer since its launch in 1971.

Especially unforgettable are Teeth of the Dog's seven oceanside holes — including the eponymous 16th, a treacherous par three set in a rock cove roughly shaped like a dog's snapping jaws.

**CASA DE CAMPO** was recently voted the Dominican Republic's best golf hotel at the World Golf Awards in Portugal.

Dye calls this windswept and watery stretch "the seven holes created by God."

A hands-on perfectionist, the now 90-year-old Dye has spent half a lifetime tweaking and even massively reworking Teeth of the Dog and the resort's two other excellent courses, Dye Fore and The Links.

Together they're the centrepiece of a sprawling 2,833-hectare resort so big and ripe with possibilities that hotel guests are given golf carts to get around the grounds. Guest rooms are in red-roofed, two-storey casitas that dogleg out from the main reception area. Also available are 50 three- to seven-bedroom villas.

Other attractions include a marina community modelled after the colourful seaside towns of the Mediterranean, and Altos de Chavon, a re-creation of an Old World artisan village that includes a Grecian amphitheatre.

A new addition to the facilities is a 4,459 square-metre golf practice area complete with driving range, a dedicated short-game zone, as well as grass mounds and depressions designed to simulate conditions on the three courses.

No wonder that Casa de Campo was recently voted the Dominican Republic's best golf hotel at the World Golf Awards in Portugal. Teeth of the Dog won, too, for best golf course in the Caribbean—but that was almost a foregone conclusion.

For more golfing destinations, visit Brian's website at canadiangolftraveller.com

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## TRAVEL NOTES GAP YEAR, GLAMPING & SAFARI GETAWAYS

### Take the year off

Youth travel experts Intrepid Travel and Flight Centre have teamed up to create the Ultimate 365-Day Adventure, starting in Bangkok on Feb. 3 and ending in Buenos Aires one year later. You hit 34 countries on five continents from the jungles of South East Asia all the way to Antarctica. Priceless at $100,000. Visit IntrepidTravel.com/365-day-adventure.

**Halong Bay, Vietnam.** CONTRIBUTED

### Tenting trend

Costa Rica's Nayara Hotels has announced a sister property offering year-round luxury camping in partnership with African safari camp specialists Luxury Frontiers. Set to open in early 2017, Nayara Tented Resort will have 24 tents, all about 1,000 square feet, each with its own platform, plunge pool and bathroom. There is also a restaurant, a fire pit and a spa. Visit arenalnayara.com.

**Glamping in Costa Rica.** CONTRIBUTED

### African safari

Tourcan Vacations has a Kenya Safari deal going for 2016, with departures in February, March, June, October and November. A seven-night trip from Nairobi takes you to the Samburu and Masai Mara national reserves, Lake Naivasha and Mount Kenya. Get the full wildlife experience and stay in cool tented camps and lodges. From about $3,000. Visit TourCanVacations.com.

DOUG WALLACE

**Masai Mara National Reserve.** CONTRIBUTED

SPAIN

# Visit San Sebastian, Europe's Capital of Culture for 2016

Located in Spain's Basque Country and known to locals as Donostia, San Sebastian will officially become European Capital of Culture 2016 as of Jan. 18, a date the city is set to celebrate in a big way. There's never been a better time to discover or rediscover this seaside city with one of the most stunning bays in the Iberian Peninsula.

**The Bay of La Concha has a 30-metre island in the middle.** ©SHUTTERSTOCK/CHANCLOS

### Getting to San Sebastian

There are three airports in the region of San Sebastian.

The closest is located 20 km from the city center with fights to Madrid and Barcelona. Other options include Biarritz airport over the border in France, which is 40 km away, or Bilbao at around 100 km away. San Sebastian has a train station in the city center with direct connections to Paris, Lisbon, Madrid and Barcelona.

### The Bay of La Concha

The Bay of La Concha has been a popular site for visitors since the 19th century. Shaped like a shell, it's is home to a fine sandy beach that stretches 1.5 km and to stunning Belle Epoque buildings.

### Santa Clara Island

A unique feature of this bay is its small island (around 30 m long), located close to the beach. The island is easy to reach for an afternoon escapade in peace and quiet. Visitors can stretch out a towel on the island's small beach, walk up to the lighthouse or find a quiet spot to picnic. Swimmers can even take a dip in its natural saltwater pool. In autumn, the island is accessible by foot at low tide. A boat service runs to and from the island from June 1 to September 30.

### The old town

The historical center of San Sebastian is ideal for scenic strolls. Sights include the gothic-style San Vicente church and the Santa Maria basilica, both of which can be discovered inside and out. Don't miss the city center either, where the main square — Plaza de la Constitucion — is usually the focal point of any festivities.

### What to eat in San Sebastian

Eating in San Sebastian is all about tapas. Make sure you take a trip around the tapas bars in the old town. Travellers with bigger budgets can head to the Arzak family's Michelin-starred restaurant. AFP

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# BIGGEST DINE OUT IN HISTORY

Now that our Christmas turkeys and New Year's champagne are distant memories, it's time we turn our attention to the next Big Holiday on the culinary horizon: Dine Out Vancouver Festival.

Like a budding relationship, food festivals need certain elements to thrive and grow: creativity, delightful surprises, risky endeavours, tenderness (have you tasted these restaurants' cuts of meat?) and the inability to anticipate what could possibly come next. Enter the 2016 Dine Out Vancouver Festival, for which organizers have pulled out all the stops and given local and international chefs, restaurateurs and gourmands free reign to bring all their wildest food fantasies to life. Nothing excites this city like food, and it's no small wonder this year's festival is the biggest in history with a record-setting 288 restaurants and more than 100 scheduled events.

For the past few years, events have taken centre stage at Dine Out, and this year is no different. Must-see picks include the Vancouver World Chef Exchange (a series of five dinners crafted by local chefs who have joined forces with award-winning chefs from Sydney, New York, Copenhagen, L.A. and Puerto Vallarta); a series of Cocktail Masterclasses (compiled by legendary bartender Lauren Mote and exploring key cocktail ingredients like bitters, whiskies, agave and single malts); and Bhangra with Vij's (a gastronomic celebration guaranteed to wake up your palate with a succession of spicy, colourful and richly flavoured East Indian dishes paired with live performances by the International Bhangra Society).

Diners who want to have their cake and eat it too – along with an extra dollop of whipped cream, maraschino cherries and gold-leaf sprinkles – can enhance their festival experiences by booking a Club Amuse Bouche premium ticket (for select events), which includes VIP perks like cocktail receptions, chef meet-and-greets and takeaway souvenirs.

We could go on for pages about Dine Out's latest adventures – but that would ruin the magic. Check out the website, see what catches your fancy and get ready to experience the thrill of an exciting new journey, courtesy of your favourite food festival.

**www.dineoutvancouver.com/restaurants**

*For the full details:*
**DineOutVancouver.com**

SONU PURHAR / FOR TOURISM VANCOUVER

# 4 GREAT STAND-INS FOR POPULAR DESTINATIONS

Looking to shake up your travelscapes in 2016? For frequent flyers who've ticked off the tried and true, and for those looking for off-the-radar places, a new list from online booking site Cheapflights offers alternative travel destinations and stand-ins for everyone from the beach-lounger, foodie and city lover. **AFP**

## 1 Montreal instead of New Orleans

This one's for the traveling gourmet. While NOLA boasts a rousing reputation for its edible offerings and Southern, Creole cuisine — think beignets, seafood gumbo and po'boys — Montreal is listed as the Canadian equal for its rich and diverse dining scene. Among the city's culinary hall-of-famers? Smoked meat sandwiches from Schwartz's deli; the Pied de Cochon's insanely decadent poutine with foie gras; or Le Garde-Manger's lobster poutine. A weak Canadian dollar also makes travelling within Canada a particularly enticing right now.

## 2 Singapore over Dubai

Travelers with a taste for the high life may want to skip over Dubai for its Asian counterpart, Singapore. Like the glittering UAE city, Singapore also boasts soaring skyscrapers, palatial shopping malls like Gardens by the Bay, and Michelin-grade dining. So much so that the bible of fine gastronomy announced plans to publish its first Singaporean edition in 2016, the first of its kind in Southeast Asia.

## 3 Key West, not Maui

The island city of Key West is listed as a stand-in for Maui, with its gold sand beaches, sunsets and laid-back vibe — also a closer and more affordable destination compared to Hawaii. An idyllic itinerary? Biking through the Old Town past restored Victorian homes and cottages, eating fresh seafood by the water and eating key lime pie on weathered picnic tables.

## 4 Barbados over The Bahamas

While The Bahamas may be a popular port of call for cruises, travellers looking for a quieter beach vacation may want to consider Barbados. If you're looking for a generic, all-inclusive resort, The Bahamas has those aplenty. Barbados may be less developed, but offers a higher chance of soaking in the sun away from the madding crowds.


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# A winter travel shoe-in

BRITISH COLUMBIA

## Get a cold weather workout while getting away

Some of the trees along the snowshoe trails of Mount Seymour are up to 1,000 years old. ISTOCK

Snowshoeing is one of the easiest, and least expensive, ways to exercise or get out and enjoy the winter in southern British Columbia.

If you can walk, you can snowshoe. But some people are taking the winter pastime to the extreme, making it an endurance sport.

There's room for all kinds of snowshoers on the mountains around Vancouver, including the North Shore slopes, peaks in the Callaghan Valley, and one of the newest resort areas above Howe Sound in Squamish.

All three North Shore Mountains — Seymour, Grouse and Cypress — have snowshoeing. However, they were difficult to access over the holiday season, with long traffic lines or extended delays for the shuttle service as locals rejoiced in the thick snow base that was nonexistent last year.

Mount Seymour, just a 35-minute drive from Vancouver, was named the No. 1 resort for snowshoeing in North America by Snowshoe Magazine in 2012.

The mountain has about nine kilometres of maintained trails, depending on the amount of snow, and all are well marked and groomed, with little risk of getting lost. Many of the trails, located at the bottom of the ski hill, are protected from wind and allow trekkers to wander through an old-growth forest.

Erin Warkman, a supervisor in the outdoor education department at Mount Seymour, said some of the trees along the snowshoe trails are up to 1,000 years old.

"It was never all cut down, so we definitely have remnants that are very old growth. Yellow cedars can actually live to be 1,500 years old," she said.

Mount Seymour staff recommend people keep to the main trails to stay safe, but more experienced and prepared snowshoers can venture into the backcountry, as the paths also connect to the B.C. Parks trails.

Those looking for a real workout can run up Dog Mountain, a B.C. Parks trail. On a clear day, the hike boasts a spectacular view of the Lions Gate Bridge, Stanley Park and Vancouver in the distance.

Seymour also offers a drop-in snow fit class once a week.

"When you're running on snowshoes you can actually burn twice as many calories as you would burn running on the road," Warkman said. "It's really fun and it's a fantastic workout."

The trend toward snowshoeing as part of a fitness regime is growing, said Kim Ebers, marketing and sales manager at Callaghan Country, a ski resort 120 kilometres north of Vancouver on the way to Whistler.

"We have one athlete who comes and will run into the backcountry lodge — that takes most people four to five hours — in two hours," she said.

THE CANADIAN PRESS

## IN BRIEF

### Mumbai to get 'world's first slum museum'

The teeming Indian metropolis of Mumbai — home to the neighbourhood made famous by the film Slumdog Millionaire — is to get the world's first slum museum, organizers said on Tuesday.

"It will be the first museum ever created in a slum," Spanish artist Jorge Rubio, who is behind the initiative, told AFP.

The small mobile museum will open in February for two months and display everything from pottery and textiles to recycled items, Rubio added.

The organizers of Design Museum Dharavi say they want to challenge people's perceptions of slums by highlighting the creative talent that resides in them.

More than a million people live in the maze of alleyways that make up Dharavi. AFP


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metro SPORTS

"I've never been a part-owner of anything … I'm still part-owner of an '84 Toyota Camry with my brother": Will Ferrell, part-owner of LAFC

# Grenier pushed to his limits to reach potential

CANUCKS PROSPECT REPORT

## Six-foot-five forward credits coach with his development

**Cam Tucker**
Metro | Vancouver

Every relationship between a player and coach can be different.

For Alexandre Grenier, an intriguing prospect of the Vancouver Canucks, he's been through the tough-love approach before. But, he says, that's been raised to new levels playing for Travis Green, the Utica Comets bench boss.

But, Grenier admits, it's ultimately helped turn the six-foot-five-inch forward into a better hockey player over the last few years and put him on the verge of the National Hockey League.

"He's been one of the big reasons, main reasons, why I've come so far as a hockey player," Grenier said of Green this week, while in Vancouver after the Canucks recalled him from Utica.

Grenier, 24, has since been reassigned, along with fellow forward Ronalds Kenins.

Selected in the third round of the 2011 NHL Draft, just a few months before his 20th birthday, you could describe Grenier as a bit of a late bloomer.

The potential is obvious. He possesses size, as previously noted. He has skill around the net. And, according to multiple accounts, he's worked hard the past few years to improve his skating.

In Utica, Green and his staff have worked with Grenier to mesh all those aspects so he could play a game more suited to his size and skill.

Grenier has responded with back-to-back 17-goal seasons. In 2014-15, as the Comets went on a run to the Calder Cup final, Grenier posted a career best 43 points in 67 regular-season games.

This season, he's second on the Comets in scoring behind Hunter Shinkaruk with 19 points in 33 games.

"He's been hard on me because he saw something — and I'm starting to realize that now. He saw the potential I had and the way he did it, we had some battles," said Grenier of Green.

"He pushed me to the limits that I never thought I could have, made me a player that I never thought I could be. Yeah, we have had some heated battles. But … it's part of the process. Things like that are going to happen.

"I never took it personal and whatever he did, I saw it as a challenge."

### ROSTER MOVE

**Cannata reassigned to AHL**

It appears Ryan Miller is ready to return to game action after missing the last six games due to cramps suffered in a shootout versus the Florida Panthers on Dec. 20.

The Vancouver Canucks on Thursday reassigned goalie Joe Cannata to the AHL.

Cannata had been backing up Jacob Markstrom, with the 35-year-old Miller sidelined.

When, exactly, Miller gets his next start hasn't been determined.

The Canucks, who didn't practise Thursday, host the Tampa Bay Lightning on Saturday.

**Alexandre Grenier, right, was selected in the third round of the 2011 draft.**
JONATHAN HAYWARD/THE CANADIAN PRESS

CFL

## Lions extend Phillips

At 33 years of age, Ryan Phillips may one day begin to slow down. But the B.C. Lions believe there are at least a couple good years of football left in the veteran defensive back.

With 11 years of CFL experience, all in B.C., Phillips signed a contract extension with the Lions through the 2017 season in a deal that was announced Thursday. He was entering the final year of previous deal.

Last season, Phillips recorded six interceptions, which tied him for the league lead in that defensive category, despite missing three weeks of the season due to a hamstring injury.

"Ryan continues to perform at a very high level and this is an important signing for the club," Lions general manager and head coach Wally Buono said in a statement.

"He's an integral part of our team both as a veteran defensive back and a leader away from the field. He still possesses the ability to change a game with one play and his experience is something we value tremendously when it comes to the development of our younger players." CAM TUCKER/METRO

### GOING SOUTH

The Lions are set to release defensive back Steven Clarke so he can pursue NFL opportunities.

## IN BRIEF

**Ovi just three shy of 500**
Alex Ovechkin scored his 497th goal, Braden Holtby stopped 34 shots to keep up his stellar play and the NHL-leading Washington Capitals beat the New York Islanders 4-1 Thursday night.

Jason Chimera, Nate Schmidt and Nicklas Backstrom also scored to help Washington reach 63 points as the first team with 30 wins. THE ASSOCIATED PRESS

**Griffey goes to Hall of Fame with Mariners cap**
Ken Griffey Jr. will go into the Hall of Fame with a Seattle Mariners cap and Mike Piazza will have a New York Mets hat. The pair made their announcements at a news conference Thursday, a day after they were elected by the Baseball Writers' Association of America.

Griffey will be the first Mariners player in the Hall. THE ASSOCIATED PRESS

**Team Cherry adds Benson**
Vancouver Giants forward Tyler Benson, a potential first-round pick in this year's NHL draft, was named to Team Cherry for the upcoming Top Prospects Game in Vancouver.

Team Cherry will do battle with Team Orr on Jan. 28 at Pacific Coliseum in the annual event that showcases the top prospects in junior hockey ahead of the draft in June.

In 28 games this season, the 17-year-old Benson has eight goals and 26 points. CAM TUCKER/METRO

# Seahawks on defensive roll

NFL

## Seattle has had top-scoring defence four seasons in a row

**Defensive tackle Ahtyba Rubin and the Seattle Seahawks defence are back among the very best NFL stoppers heading into the playoffs.** CHRISTIAN PETERSON/GETTY IMAGES

The questions and concerns that dogged the Seattle Seahawks' vaunted defence in September and October were silenced by the end of the season. That's because the Seahawks accomplished something that hadn't been done since the 1950s.

Seattle heads into Sunday's wild-card game at Minnesota on a roll defensively. The pinnacle of its late-season success was holding Arizona to six points in the regular-season finale to end up leading the NFL in defensive scoring for the fourth straight season. According to STATS, Seattle is the first team since the Cleveland Browns (1953-57) to have its defence lead the league in scoring in four or more consecutive seasons.

Over the final five games of the season, the Seahawks allowed only 55 total points. And two of the touchdowns scored during that time were special teams and defensive scores by their opponents.

However long this post-season run lasts for Seattle, it will be a new, but somewhat easier task for the Seahawks defence. After playing all their NFC playoff games at home the past two seasons, the Seahawks will be exclusively on the road this time around where it's far easier for Seattle to communicate on the defensive side.

"Maybe we focus better on the road, I don't know what it is. I just think we're a better road team than we are a home team this year," Seattle linebacker Bruce Irvin said.

Seattle also led the league in rush defence at 81.5 yards per game, giving up the exact same amount of yards it did a season ago when the Seahawks were third-best in the league at stopping the run. Their first task in the playoffs could be their most difficult — trying to slow down Adrian Peterson, who led the NFL with 1,485 yards rushing this season. But Seattle's already stopped Peterson once this season, holding him to 18 yards on eight carries in Week 13.

"You can't expect a guy like that to get eight touches again. They're going to find different ways, whether handing the ball off, or getting him screens or checking it down to him," Seattle linebacker Bobby Wagner said. "I definitely feel like he's going to try to have a bigger presence in this game."

> **It's cool. I think it means we're consistent in what we do.**
> Richard Sherman on the Seahawks' defence

Getting the defensive-scoring title was particularly important, but seemed unlikely going into the final week. With Cincinnati having allowed 16 to Baltimore in its finale earlier in the day, the Seahawks could give up only eight points to Arizona to at least share the scoring title. Richard Sherman was completely aware of what was at stake. He knew even before the game started how much the Seahawks could afford to allow.

"It's cool. I think it means we're consistent in what we do. We're really diligent in our preparation, and all our hard work has come to fruition," Sherman said. "Everything we've wanted and everything we've tried, strived to do has come to fruition. We appreciate seeing the fruits of our labour." THE ASSOCIATED PRESS


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## RECIPE Blueberry Baked French Toast

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

Spend a few minutes tonight putting this together. Then invite some people over for brunch tomorrow morning. They're not going to believe how easy this decadent French toast was (so don't tell them).

**Ready in**
Prep time: overnight
**Serves 6**

**Ingredients**
- 1 loaf of brioche, cut into 1-inch cubes
- 8 eggs
- 2 cups milk
- 1/2 cup brown sugar
- 2 tsp freshly grated lemon peel
- 1/8 tsp allspice
- 1/8 tsp cinnamon
- 1/8 tsp salt
- 2 cups fresh blueberries
- 1 tsp butter, for greasing the dish

**Directions**
**1.** Grease a 9- by 13-inch casserole dish. Slice your brioche into 1-inch cubes and place in the dish.
**2.** In a large mixing bowl, whisk eggs, milk, sugar, lemon zest, allspice, cinnamon and salt. Pour this mixture over the bread. Gently stir the bread cubes and egg mixture in the dish, making sure to press the bread down so it's coated in egg. Then stir in the blueberries so they are scattered throughout the dish. Cover with plastic wrap and refrigerate overnight.
**3.** Remove the dish from the refrigerator and allow it to rest for a few minutes. Preheat the oven to 350 F.
**4.** Place the dish in the centre of the oven to bake to bake for 35 to 40 minutes, until the bread is lightly browned and the eggy mixture is bubbling.
**5.** Slice and serve with warm maple syrup or agave nectar.

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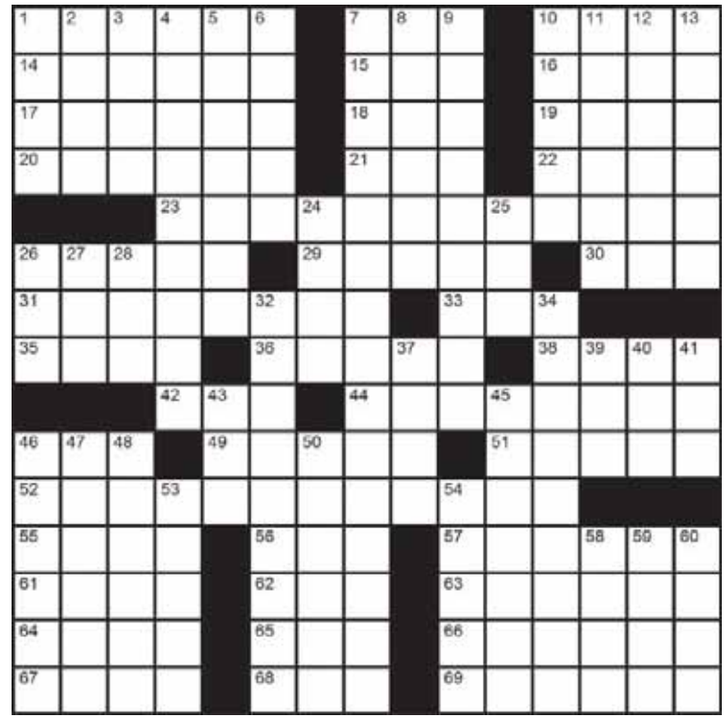
## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Crispy laundry supply
7. Prince Valiant's son
10. Songstress Suzanne
14. Cab Calloway's signature syllables
15. New
16. Bear, in Boucherville
17. President Ronald _
18. "Who am _ _ say?"
19. _-drop
20. Medieval silk fabric
21. Male mortal
22. Military cap
23. Office name/number jotter-downer: 2 wds.
26. Mythical wife scorned by Jason
29. Comics photojournalist Jimmy
30. Jessie J's "Who You _"
31. Tom Selleck's 1980s series: 2 wds.
33. Hallucinogenic letters
35. "Now!"
36. James _ (Canadian violin virtuoso)
38. Alias acronyms
42. Manfred Mann hit: "_ La La"
44. _-_ oats (Breakfast serving)
46. Whiz
49. TSN's "That's Hockey _" (NOTE: Answer has a number in it!)
51. Eyries
52. Users of this invention by Hamilton businessman Ron Foxcroft include pro sports associations and coast guards: word + number + word
55. Edith Bunker's daughter, to pals
56. Coop dweller
57. Highway crews, at times
61. Love antonym
62. 'Brain' suffix
63. 2002 Atom Egoyan film
64. Sarah McLachlan song
65. Edmonton transport service [acronym]
66. Western Ontario township on Agimak Lake
67. Chemist's table salt
68. Mr. Asner's
69. Scotland's famous Loch, and others

**DOWN**
1. Stock units [abbr.]
2. _ _ knot
3. Singer Mr. Lambert
4. Some military units
5. Le _ (Montreal-founded fashion chain)
6. Perfects
7. Wild feelings: 2 wds.
8. Labels anew
9. You and only you: 3 wds.
10. Smirnoff product
11. Discoverer's exclamation!
12. Bellyacher
13. Aim
24. Student, e.g.
25. Heavy wts.
26. _&_'_ (Chocolate treats)
27. Deplete
28. US filmmakers org.
32. When that was happening...
34. Roy Rogers' wife who wrote the Western tune "Happy Trails": 2 wds.
37. French 'winters' opposite
39. The Sunshine Band singer's
40. Latin for 'or'
41. Toronto's Dundas, et al.
43. "Halloween _ _: Twenty Years Later" (1998)
45. Magnify
46. Blanket type
47. "Escape (The Pina _ Song)"
48. Strikingly unique
50. Gossiper's info starter...: 2 wds.
53. Avril Lavigne song: number + word
54. American rapper, _-_
58. Periods
59. Rush
60. Jeanne d'Arc, et al.

## IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
If something from your past catches up with you don't ignore it. This is a wonderful opportunity to make amends for something you did that you have always regretted. A simple "sorry" will most likely be enough.

**Taurus** April 21 - May 21
A couple things are going wrong — thanks to retrograde Mercury. Watch out where joint money matters are concerned, don't trust others more than you have to.

**Gemini** May 22 - June 21
Your luck will change for the better but you need to look ahead and make plans. You also need to believe that you deserve it when good things come your way.

**Cancer** June 22 - July 23
Don't start making claims and accusations that can't be backed up by facts. The planets warn you need to be extra careful.

**Leo** July 24 - Aug. 23
Jupiter turns retrograde today so there's a real danger you'll go over the top. Careful that you don't waste all the good work you've done over the past few weeks, especially where your cashflow is concerned.

**Virgo** Aug. 24 - Sept. 23
Not only are others being demanding but they also believe that you owe them whatever it is they desire. That's nonsense. If anything they owe you for being so easy-going and forgiving. Toughen up!

**Libra** Sept. 24 - Oct. 23
There is no need to push yourself, even though others may be urging you to do so. The planets say take it easy. You're entitled to some down time now and again.

**Scorpio** Oct. 24 - Nov. 22
If you take a risk then try to make it one where, if you lose, it won't cost you an arm and a leg. Jupiter, planet of excess, is beginning one of its retrograde phases, so Lady Luck is unlikely to be on your side.

**Sagittarius** Nov. 23 - Dec. 21
Most of your worries have no basis in reality, so stop thinking that the world is out to get you and get out into the world. Your thoughts create your reality. As you think, so you are.

**Capricorn** Dec. 22 - Jan. 20
You may be tough but you are not invincible and you need to keep that in mind. With Jupiter, planet of luck, turning retrograde you may find that your path isn't as easy as it has been.

**Aquarius** Jan. 21 - Feb. 19
You seem to be anxious about something that just a short while ago you would not have wasted a moment's time on. Overrule your anxiety as good things will be coming your way.

**Pisces** Feb. 20 - March 20
If you allow yourself to get angry today you will probably say things you regret. Both in your personal life and in your work you must think before you speak. Engage your brain before you open your mouth.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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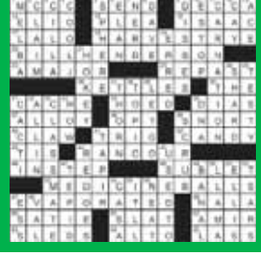

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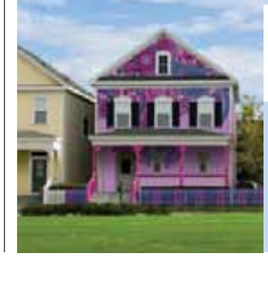

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